

Hattie Holmes Senior Wellness Center

ZOOM VIDEO/AUDIO CONFERENCE

Meeting ID: 202-291-6170

No Video Dial 1-301-715-8592 ID # 202-291-6170

Teleconference # 1-978-990-5000 ACCESS CODE: 667037

324 Kennedy St. NW
Washington, DC 20011

June 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>10:30 Quilter's Corner Zoom</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>10:30 Pilates w/ Lillian In-Person</p> <p>11:30 Mental Well-being w/ Elizabeth In-Person & Zoom</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:30 Book Club - Every Man a King by Walter Mosley (June 26th) Zoom</p> <p>2:15 Mindful Mondays w/ Elizabeth In-Person & Zoom</p> <p>3:00 Quilter's Café (June 12th & 26nd) In-Person</p>	<p>9:00 Walking Club w/ Lillian In-Person</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person</p> <p>10:30 Strength, Balance and Fitness Exercise (SAIL) Class w/ Adriene In-Person & Zoom</p> <p>11:30 Nutrition w/ Brenda In-Person & Teleconference</p> <p>11:30 All Seasons Gardening Club In-Person</p> <p>1:00 Balancing w/ Lillian In-Person</p> <p>2:30 Open Office Hour w/ Brenda for Nutrition Consultation</p> <p>3:00 Bingocize In-Person</p>	<p>9:00 Strength & Toning w/ Lillian In-Person</p> <p>9:00 Current Events Discussion Group In-Person</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>9:30 Quilting In-Person</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>10:30 Pilates w/ Lillian In-Person</p> <p>11:30 Nutrition w/ Brenda In-Person & Teleconference</p> <p>12:30 Birthday Recognition (June 21st) In-Person</p> <p>1:00 Health Promotion w/ Stephanie In Person & Zoom</p> <p>1:30 Conversational Spanish In-Person</p> <p>3:00 Bingocize In-Person</p>	<p>9:00 Walking Club w/ Lillian In-Person</p> <p>9:00 Nutrition Consultation</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:00 Club Memory Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person</p> <p>11:15 Resistance Training w/ Tony In-Person & Zoom</p> <p>1:00 Aerobics w/ Kojak In-Person & Zoom</p> <p>2:15 Nutrition w/ Brenda In-Person & Zoom</p>	<p>9:30 Tai Chi w/ Gloria In-Person & Zoom</p> <p>10:30 Aerobics w/ Lillian In-Person</p> <p>11:15 Color Me Relaxed w/ Stephanie In-Person</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:30 Brain Games w/ Stephanie In-Person</p> <p>1:00 In-house Movie - Air (June 23rd) In-Person</p>

SPECIAL EVENTS & ANNOUNCEMENTS

- * June 5th 12:30 Town Hall Meeting In-Person & Zoom
- * June 6th 12:30 Arts & Crafts w/ Kyla Sip & Paint In-Person
- * June 19th Juneteenth Holiday - Center Closed
- * June 20th 12:30 Arts & Crafts w/ Kyla Candle Making In-Person
- * June 27th & 28th 1:00 AARP Driver Safety Course

* Wednesdays 11:00 a.m. - 1:00 p.m. Senior Medicare Patrol

EDUCATIONAL CLASS TOPICS

HEALTH PROMOTION w/ STEPHANIE

- 6/7 What is Osteoporosis
- 6/14 Heat Related Illnesses
- 6/21 Understanding Diabetes
- 6/28 Cholesterol 101



Mental Wellbeing w/ ELIZABETH

- 6/12 LGBTQIA Issues Impacting Older Adults
- 6/26 PTSD in Older Adults



Mindful Mondays

2:15 p.m. 30 minute group - Meditation, Breathing Exercises, and Other Strategies to Manage Stress, Anxiety, and Depression, and to Promote Mental Wellbeing.

* Open office Hour w/ Elizabeth for drop-in mental health counseling Mondays @ 1:00 p.m.

NUTRITION w/ BRENDA

6/1 Nutrition Bingo



6/6 Breakfast Ideas to Promote Healthy Aging

6/7 Breakfast Ideas to Promote Healthy Aging

6/8 Nutrition Bingo

6/13 Culinary Corner: Hummus

6/14 Culinary Corner: Hummus

6/15 Nutrition Bingo

6/20 Ultra processed Foods: The health effects

6/21 Ultra processed Foods: The health effects

6/22 Nutrition Bingo

6/27 Nutrition Class Canceled

6/28 Nutrition Class Canceled

6/29 Nutrition Class Canceled

Trips



- 6/6 10:15 a.m. Edgewood Rooftop Farm
- 6/8 10:00 a.m. Public Playhouse - Clean Comedy w/ Gayle & Friends
- 6/13 9:00 a.m. Bowling - AMF Capital Plaza Lanes
- 6/15 10:30 Dutch Market Upper Marlboro
- 6/22 10:30 a.m. Golden Corral